

Crockpot Vegetarian Eggplant Stew

In a crockpot, put: **1 large eggplant, diced; 1 small can diced tomatoes; 1 can black (or pinto, garbanzo, etc.) beans; 2 carrots, sliced; 2 stalks celery, sliced; 1 red (or green) bell pepper, chopped; 1 small onion, chopped.**

In mixing bowl, combine: **2 cups water or 1 can broth (vegetable or beef), 1 can tomato paste, 2 Tbl. olive oil, 1 tsp. Italian seasoning, ½ to 1 tsp. red pepper flakes, 1 tsp. salt.**

Pour over vegetables. Cook 4-5 hours on high or 9-10 hours on low.

This is quite variable. Use fresh tomatoes and cooked dried beans if you have them. Add such vegetables as squash or corn if you have them. If your diners are not vegetarian, add a hambone or beef stew meat.